ANNUAL REPORT

2025-2026

artistshealthcentre.ca

The Al & Malka Green Artists' Health Centre

UHN Canada's Hospital

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Our Mission & Vision

VISION

Our vision is to have a positive impact on the health and wellbeing of professional creative and performing artists.

MISSION

Our mission is to advance local, national and international standards of excellence in healthcare for professional artists through our activity in:

Patient Care — Delivering patient-focused care that integrates comprehensive health care to professional artists.

Research — Conducting research specifically related to the health concerns of professional artists.

Education — Communicating our body of knowledge to professional artists and healthcare providers.

PHILOSOPHY OF CARE

We understand that professional creative and performing artists have unique physical and emotional needs that come from doing what they love. Our Centre is made up of experts who know a lot about artists' health and offers care that's both evidence-based and compassionate.

We team up with artists to help them take charge of their own health. We help them reach their health goals and navigate the healthcare system. We base our approach on the biopsychosocial model and consider the social factors that affect health, which helps us focus on wellbeing, strength and making sure artists have equittable access to care.

Our People

Operations Team

Aga Halonska
Administrative Coordinator

Alicia Luboch
Digital Marketing Coordinator

Gary Basran, LLM, MCHM, CHA
Executive Director

Dr. Shelly-Anne Li
Scientist & Director, Research & Community Engagement

Healthcare Professionals

Dr. Anita Shack
Chiropractor

Christina Quach, BSW
Clinical Intake Coordinator

Dr. Jean-Jacques Dugoua
Naturopathic Medicine

Lauren Leslie, MA, RMT
Registered Massage Therapist

Leisa Bellmore, MSc, ST
Shiatsu Therapist

Lezlee Lindzon, MSW, RSW
Social Worker

Dr. Shirin Yousefi
Chiropractor

Dr. Paul Uy
GP Psychotherapist

Dr. Rebecca Shalansky
GP Psychotherapist

Tanya Bénard
Alexander Technique Teacher

Vicki Hawkins, BA, BSc PT
Registered Physiotherapist

Dr. Yu Fei Xia
GP Psychotherapist

Subsidy Impact

119
Approved applicants

833
Visits covered

8
Services accessed

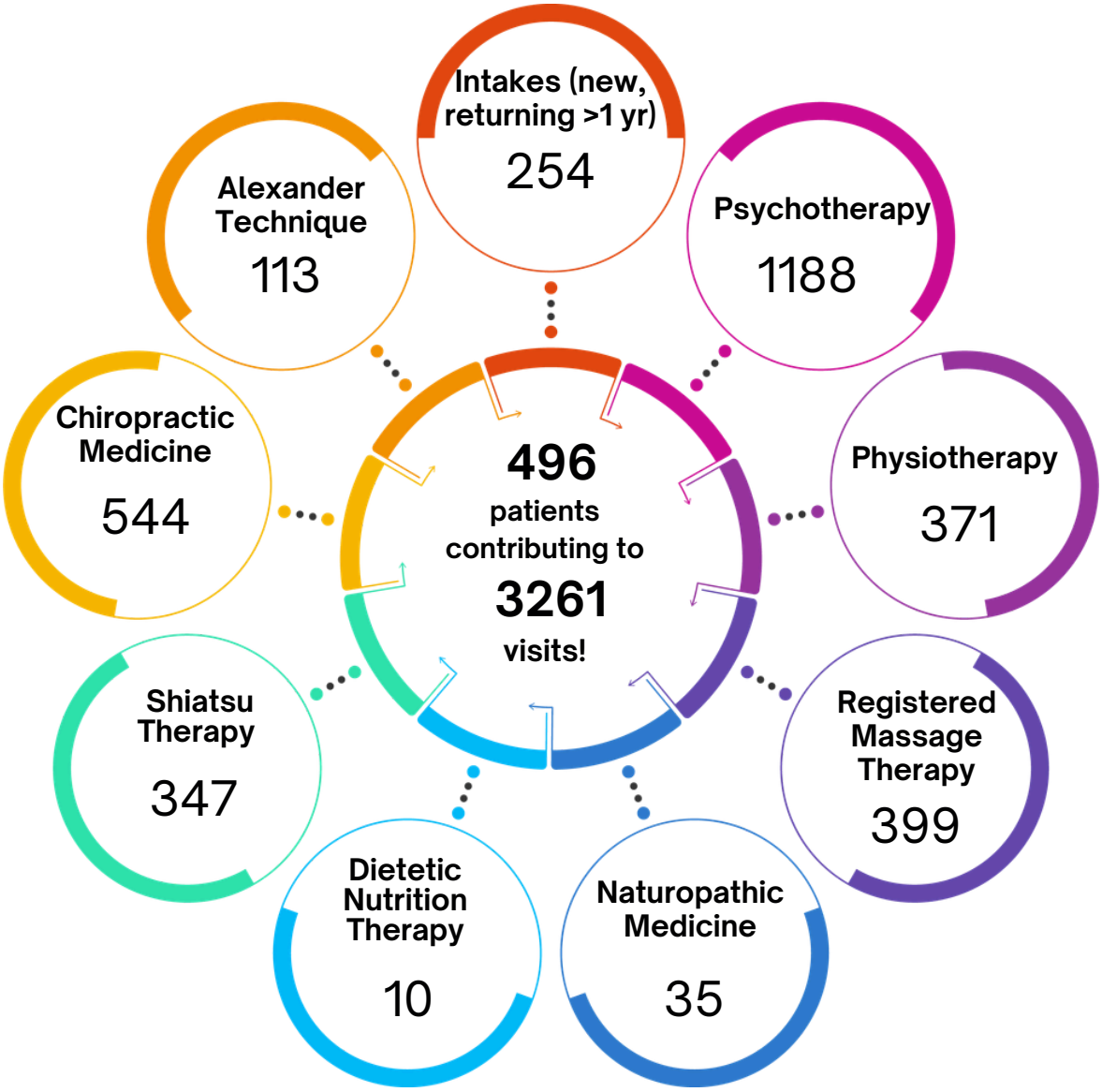
$92,225
Amounts distributed

85.6%
Percent approved

Healthcare

Impact

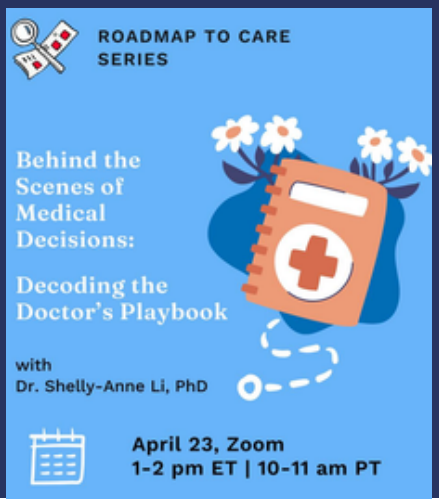
This fiscal year, we saw an increase in repeat visits, reflecting sustained trust and engagement with our services. We also introduced a formal healthcare navigation component into all patient intake visits, further strengthening support for our patients. Notably, **we received exclusively 5-star Google reviews this year**—clear evidence that our commitment to excellence is recognized by those we serve.



Healthcare

Navigation

This year, we strengthened our commitment to accessible, holistic care by integrating healthcare navigation into patient intake sessions. Through this initiative, we actively connect artists to curated low-barrier, free, or low-cost community resources that support their health and wellbeing beyond the clinic. This is especially critical for artists, who often face financial instability and barriers to accessing care. By bridging patients to trusted services across the community, we help ensure continuity of care, reduce unmet needs, and empower artists to achieve their health goals.



Roadmap to Care Series

We conduct healthcare navigation workshops to facilitate healthcare navigation, including giving artists an inside look at how healthcare decisions are made in family medicine. By demystifying the process, we help patients navigate the system with greater confidence and clarity.

APR 2025

New Clinical Intake Coordinator

Our social worker intake coordinator strengthens healthcare navigation from the first touchpoint—assessing social needs, identifying barriers, and connecting artists to community resources, serving as a vital bridge between care and support.

JAN 2026

Resources Curation

We curated up-to-date, low-barrier community resources—many free or low cost—with our medical students calling each service to confirm accuracy and accessibility. This helps artists navigate the system faster, connecting them to trusted supports while reducing financial and logistical barriers to care.

MAR 2026

Community Engagement

This year, we strengthened our connection to the arts community through partnerships and events, including SummerWorks Festival, 10 collaborative workshops, and the Collective H'Arts exhibition. These engagements enhance our visibility, deepen community relationships, and reinforce our commitment to supporting artists within and beyond clinical care.

Center (from left): Jennifer Fader (Expressive Arts Therapist) and Hayley Schmalz (Registered Social Worker), leading artists at the SummerWorks Festival workshop "Exploring Self-Compassion, Validation, and Mental Wellbeing"—a collaborative topic designed by The Artists' Health Centre and The AFC.

From left: Art therapy students Athena Bee, Leeay Aikawa, with Rachael Mae Robbins (art therapist and visual artist) and Dr. Shelly-Anne Li; at Rachel's Therapeutic Art: 7 Types of Rest workshop hosted at The Artists' Health Centre.

A virtual 4-part peer group series for arts industry members from racialized backgrounds, facilitated by The AFC & The Artists' Health Centre to offer a supportive, inclusive and non-judgemental space to reflect on industry experiences.

Chloe Van Landschoot (Co-Founder of Collelctive H'arts, Nurse, Actor, Filmmaker) and Dr. Shelly-Anne Li at the Collective H'arts Exhibition.

Research Highlights

15 projects

This fiscal year, our Centre has 15 projects at different stages of research, several of which have reached exciting milestones!

01

Charting the Hero's Journey: A Co-Designed Board Game for Performing Artists' Self-Reflection
Status: PUBLISHED

02

A Scoping Review of Mental Health Literacy in Performing and Creative Artists: Identifying Current Gaps and Future Directions
Status: PUBLISHED

03

Spaces that Heal: A Systematic Review on Environmental Design in Paediatric Healthcare Settings
Status: SUBMITTED TO HERD

04

Implementation science in Performing Arts Medicine: A Scoping Review
Status: SUBMITTED TO FRONTIERS IN PSYCHOLOGY

05

Epidemiology of Playing-Related Musculoskeletal Disorders in Musicians: Oxford Handbook Chapter
Status: CHAPTER IN PREPARATION

06

Advancing Musicians' Healthcare through Core Competencies and Institutional Responsibilities: An International Delphi Consensus
Status: MANUSCRIPT IN PREPARATION

07

UofT's Art of the Possible Grant: Practicing Empathetic Conversations: Enhancing Care for Racialized Minority Groups through Forum Theatre
Status: DATA COLLECTION

08

Embodied Transformation: From Marginalization to Artistry in a Community Ceramics Program
Status: DATA COLLECTION

09

Healthy Artists, Sustainable Future: Understanding How Artists' Wellbeing Connects to Environmental Sustainability in the Digital Age
Status: FEDERAL GRANT RECEIVED

Research Highlights

Article from Quarterly Newsletter, Summer 2025 Edition

Transforming Musicians' Healthcare: A Global Standard.

The Artists' Health Centre is thrilled to partner with Johns Hopkins University to lead a groundbreaking international project to raise the standard of care for musicians! This expert consensus study brings together over 100 leading specialists in musicians' health worldwide to define the essential knowledge, skills and attitudes healthcare professionals need to provide care to musicians. **For the first time, a standardized set of healthcare professional competencies will be established—reshaping how care is delivered to musicians across healthcare settings**. Meet the co-leads of this project (below)!

On July 9, 2025 at the inaugural Global Summit on Occupational Health in Music at Johns Hopkins University (Washington, DC), Drs. Li and Bastepe-Gray, together with other steering committee members, discussed the **10 core competencies and 5 institutional responsibilities** identified through a Delphi Expert Study. These recommendations aim to transform the standard of care for musicians. The Summit emphasized occupational health as a vital area of knowledge and competency for both musicians and the healthcare professionals who care for them.

DR. SERAP BASTEPE-GRAY
Co-founder of Johns Hopkins Center for Music and Medicine

DR. SHELLY-ANNE LI
Scientist and Director, Research & Community Engagement, Artists' Health Centre

Presenters of the Summit held at Johns Hopkins University, Washington DC.

From left: UofT medical students, Pierre Rivard (TSO Community Education Manager), Camille Watts (Founding member of The Artists' Health Centre, TSO musician), and Dr. Shelly-Anne Li, at a TSO tech rehearsal.

From left: Medical students, Gudrun Olafsdottir ((Studio Manager), Dr. Shelly-Anne Li, and April (Studio Coordinator) at Inspirations Studio.

Medical Education

TSO Toronto Symphony Orchestra | inspirations studio | SHAW FESTIVAL

From concert halls to community studios, this year brought immersive, real-world learning to life. In our third year with the Toronto Symphony Orchestra, medical students stepped inside rehearsals, witnessing the physical demands of performance and engaging directly with musicians about their health. We also launched a partnership with Inspirations Studio, where students connected with artists from marginalized communities, gaining powerful insights into creativity, resilience, and vulnerability.

At the Shaw Festival's Theatre of Medicine Retreat on September 2025, healthcare and the performing arts intersect to advance medical education. Our Centre's Dr. Li was invited to their think tank to brainstorm how theatre-based approaches grounded in presence, movement, and storytelling, can strengthen communication, empathy, and patient-centered care among physicians.

Attendees and facilitators at the Theatre of Medicine hosted by Shaw Festival at Niagara-on-the-Lake.

Digital
Outreach

Shawn Desman gave a shoutout to the Centre on our Instagram! Photo credit: Mini's Memories

Our digital outreach strategy focused on advancing health awareness, fostering community engagement, and supporting overall wellbeing. Special thanks to Canadian pop singer Shawn Desman who did a special shoutout to our clinic!

INSTAGRAM

14.5K ↑ 253.7% REACH	27.6K ↑ 367.8% VIEWS	658 ↑ 78.3% LIFETIME FOLLOWERS
457 ↑ 141.8% INTERACTIONS	1.2 K ↑ 137.8 K% VISITS	567 ↑ 14.1 K% LINK CLICKS

FACEBOOK

22.0K ↑ 197.3 % VIEWS	29 ↑ 625% 3-SECOND VIEWS	219 ↑ 7.3% LIFETIME FOLLOWERS

Our new "Newsletter Highlights" series features key clinic updates, ongoing research initiatives, and spotlight practitioners. We also expanded our outreach to student groups in the arts!

Next
Action Plan

As The Artists' Health Centre continues to grow, our focus remains on advancing accessible, artist-centered care through clinical excellence, research, education, and community engagement.

HEALTHCARE NAVIGATION & CLINICAL SERVCES

We will focus on expanding healthcare navigation and enhancing our clinical services to better meet the evolving needs of artists through equitable, accessible and artist-centered care.

RESEARCH & KNOWLEDGE TRANSLATION

We will advance our internationally recognized research program with a focus on implementation science, advocacy for artists' health, and translating research into meaningful change. We aim to strengthen collaborations with arts health researchers and the arts sector across Canada to build a more connected and systems-focused network to advance artists' health nationwide.

HEALTH PROFESSIONS EDUCATION

We will generate more experiential learning opportunities for healthcare learners through partnerships with arts organizations and community groups. We position art as an essential contributor to how care is designed and delivered through arts-based health professions education.

THANK YOU

We won't be here without you.

We express our heartfelt gratitude to the donors and volunteers who generously support The Artists' Health Centre. Their contributions have been pivotal in enabling the Centre to achieve its remarkable impact. We also thank the UHN Foundation for its ongoing commitment to ensuring the Centre has the resources to advance its mission and vision, and The Institute for Education Research for its steadfast support in helping us reach our research milestones. Without this collective support, the Centre's transformative work would not be possible.

Annual Report Contributions
Dr. Shelly-Anne Li designed and prepared the impact report. Aga Halonska provided data on clinical services and the subsidy program. Alicia Luboch prepared the digital communications report. Gary Basran reviewed and approved the final report.

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